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# Football

The rules of Football apply to all variations of the game. A full version of FIFA rules can be found on [www.fifa.com/regulations](http://www.fifa.com/regulations).

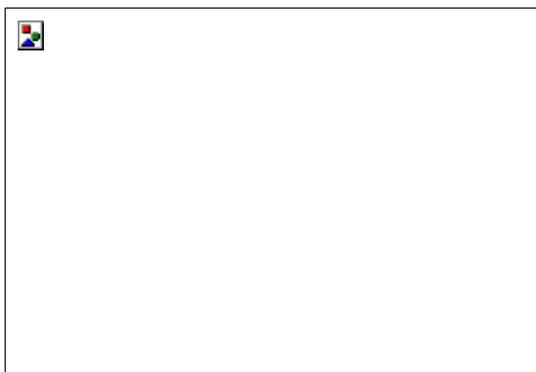
## THE TEAM

A squad can consist of 16 players with 11 players on the field at any one time. One player is designated as goalkeeper. Unlimited interchange is permitted with the replacement waiting for the departing player to leave the field before entering the game.

Certain rules apply to goalkeepers. They cannot:

- take more than four steps in any direction once the ball is controlled with the hands.
- control the ball with the hands, release it and then control with the hands again.
- indulge in time wasting tactics.
- control the ball with the hands if it has been intentionally passed off the foot by a member of the same team.

## THE FIELD



## THE GAME

Games consist of two halves of equal time. Senior games consist of 40 minute halves with time kept by the referee.

- At the start of the game (kick off) the ball must travel forward. All members of the opposing team must be outside the semi-circle in the centre of the field. After half time the kick off shall be taken by a player of the opposing team to that of the player who started the game.
- The ball is out of play when the whole of the ball passes over the side-line or goal-line, either on the ground or in the air.
- A throw-in is taken from the place when and where the ball crosses the side-line. The thrower must have both feet in touch with the ground, two hands on the ball and the ball raised above his/her head. A goal may not result directly from a throw-in.
- In brief, a player is in an offside position if he /she is nearer to the opponent's goal line than the ball at the time the ball is played or touched by an attacking team member.
- *A player can only be penalised for off-side if he/she is interfering with play or with an opponent or seeking to gain an advantage by being in that position.*
- A player cannot be off-side when receiving a ball directly from a corner kick or throw in.
- If a player is declared off-side an indirect free kick is awarded where the infringement occurred.
- A goal kick is taken by the defending goalie anywhere in the goal area when an attacking player last touches the ball over the goal line.
- A corner kick is taken when a defending player last touches a ball that travels out over the goal-line.
- A penalty kick is taken 12m out from the goal line and is awarded for infringements within the penalty area.

## INFRINGEMENTS

DIRECT kicks are given for the following offences:

- kicking or attempting to kick an opponent
- tripping an opponent
- jumping on an opponent
- charging an opponent in a violent & dangerous manner
- charging an opponent from behind unless the latter is obstructing
- striking or attempting to strike an opponent or spitting
- holding or pushing an opponent
- handling the ball (except the goalkeeper in his/her penalty area).
- If any of these offences are intentionally committed by the defence within the penalty area then a penalty kick is awarded.

INDIRECT kicks are awarded for the following offences:

- playing in a manner considered to be dangerous by the referee
  - charging fairly when the ball is not within playing distance
  - intentionally trying to obstruct an opponent when not playing the ball
  - charging a goalkeeper unless he/she is holding the ball, is obstructing an opponent or has passed outside the goal area.
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